

VIRGINIA STATE TAEKWONDO CHAMPIONSHIP



Official Qualifier Event for USA Taekwondo National Championships

**\$10,000 IN PRIZES FOR
ATHLETES, COACHES, AND REFEREES**



March 21, 2026
Saturday

DOMINION HIGH SCHOOL

21326 Augusta Dr, Sterling, VA 20164



- ▶ DEMO
- ▶ SPARRING
- ▶ BOARD BREAKING
- ▶ POOMSAE INDIVIDUAL / PAIR / TEAM / FREE STYLE



- Registration: <https://usataekwondo.sport80.com>
- Email: vatkdassociation@gmail.com
- General Admission : \$15

DAEDO GEN3 will be used for All Black Belt and Color Belt
(E-HOGU will be provided)



Welcome to 2026!

We are pleased to announce that the Virginia State Taekwondo Championships will be hosted by the Virginia Taekwondo Association (VTA) at Dominion High School in Sterling, VA on March 21, 2026. We cordially invite all athletes to compete in this prestigious event, sanctioned as a USAT 12.0 tournament. This is an excellent opportunity to showcase your skills and compete at your highest level.

This tournament also serves as a qualifying event for the 2026 USAT National Championships, scheduled to take place in Charlotte, NC from July 01 to July 05. Athletes who place in the top four of their respective divisions will automatically qualify for the National Championships. Those who do not place within the top four will still have the chance to qualify through the American Open Tournament Series.

New this year, VTA is thrilled to announce a \$10,000 prize pool for the 2026 USATKD Virginia State Championship! All prize winners will receive travel stipends to help cover expenses for competing at the 2026 USAT National Championships and be named to the 2026 Virginia State Taekwondo Team! This prize initiative is designed to recognize excellence and provide meaningful support to our competitive community.

We look forward to providing a memorable and, most importantly, safe experience for everyone involved. This event is a celebration of your hard work and dedication, with the ultimate goal of one day representing our country as part of the national team.

Thank you for your support and participation. We can't wait to see you at the tournament!

Sincerely,

Grand Master Brian K. Jo

President of Virginia Taekwondo Association

9th Degree Black Belt

EVENT POINT OF CONTACT

Virginia Taekwondo Association

President Brian Jo

571-334-0601

vatkdassociation@gmail.com

PROMOTER – EVENT RANKING

Promoter & Sanctioned By:

USA Taekwondo

Virginia Taekwondo Association

USAT Ranking: 12.0



GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations.

Athletes must wear the appropriate uniforms for sparring and/or poomsae. Click Here to view the uniform requirements: [Dobok & Equipment Standards](#)

The current competition rules for all divisions will be used. To view the current version, go to: <https://www.usatkd.org/usatkd-competition-rules>

Bracketing and Seeding: Seeding will be done for all sparring and poomsae divisions based off the most recently posted [U.S. National Rankings](#).

Sparring – A single elimination format will be applied to all sparring divisions.

- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)

Poomsae – All poomsae divisions will be seeded for the first round according to the [USATKD National Rankings](#)

VENUE

Dominion High School Main Gym

[21326 Augusta Dr, Sterling, VA 20164](#)

No outside food/drinks are allowed in the facility. The only exception is for athletes who may bring bottled water and power bars.

A full concession stand will be open for lunch, drinks, and snacks. Please have cash on hand to speed along transactions but credit cards/PayPal/Venmo will be accepted. We ask that you please clean up any trash or spills.

LODGING

Hampton Inn Dulles/Cascades – 703-450-9595

21260 Hampton Ponds Dr, Sterling, VA 20165

Hyatt Place Sterling/Dulles Airport-North - 703-444-3909

21481 Ridgetop Cir, Sterling, VA 20166

Courtyard by Marriott Dulles Town Center – 571-434-6400

45500 Majestic Dr, Dulles, VA 20166

EVENT SPECTATOR TICKETS

Ticket Pricing

Event Ticket	At-Door – Cash/Card/PayPal/Venmo May also be purchased at times of Credential Pickup
All Day Pass (Adult 18-64)	\$15
All Day Pass (Child 5-17)	\$15
Children 4 & Under Adults 65 & Older Active Military & First Responders	\$0 – Free with Valid ID

SPARRING WEIGH-IN VENUE

Sparring Weigh-In and Check-In:

March 20, 2026

5pm – 8pm

Dragon DYMA Brambleton

[22895 Brambleton Plaza #110, Brambleton, VA 20148](#)

- All sparring competitors **MUST** weigh-in the day before the competition.
- Athletes only competing in Poomsae (Form), Demo, or Breaking do not need to weigh-in but must pick-up their credentials on the day of registration.

PRIZES

💰 \$10,000 PRIZE POOL 💰

The Virginia Taekwondo Association (VTA) is thrilled to announce a \$10,000 prize pool for the 2026 USATKD Virginia State Championship!

SUPPORTING OUR TAEKWONDO COMMUNITY

We are proud to invest in the growth and success of Virginia's taekwondo athletes, coaches, and referees. This prize initiative is designed to recognize excellence and provide meaningful support to our competitive community.

QUALIFYING EVENT FOR NATIONAL CHAMPIONSHIPS

The 2026 USATKD Virginia State Championship serves as an official qualifying event for the 2026 U.S. NATIONAL TAEKWONDO CHAMPIONSHIPS, scheduled to take place in Charlotte, NC from July 1-5, 2026.

Athletes who place in the top four of their respective divisions will automatically qualify for the 2026 U.S. NATIONAL TAEKWONDO CHAMPIONSHIPS.

PRIZE BREAKDOWN

TRAVEL STIPENDS TO NATIONALS

All prize winners will receive travel stipends to help cover expenses for competing at the 2026 U.S. NATIONAL TAEKWONDO CHAMPIONSHIPS.

2026 VIRGINIA STATE TAEKWONDO TEAM

Prize winners from USATKD Region 6 (Virginia, Maryland, Delaware, Pennsylvania, DC, and West Virginia) will be named as members of the 2026 Virginia State Taekwondo Team.

Prize winners residing outside of USATKD Region 6 will be named as honorary members of the 2026 Virginia State Taekwondo Team.

POOMSAE COMPETITION - BLACK BELT ONLY

\$200 awarded to 1st place Male and Female winners in each division*

- Youth Division
- Cadet Division
- Junior Division
- Senior Division
- Age 31-50 Division (Combined)*
- Age 51+ Division (Combined)*

*Travel stipend awarded to winner of division or winner of special match between 1st place winners in combined divisions

Total: \$2,400

SPARRING - CADET DIVISION - BLACK BELT ONLY

\$200 awarded to Male and Female winners in combined weight classes*

- Fin & Fly (Combined)
- Bantam & Feather (Combined)
- Light & Welter (Combined)
- Light Middle & Middle (Combined)
- Light Heavy & Heavy (Combined)

* Travel stipend awarded to winner of special match between 1st place winners in combined divisions

Total: \$2,000

SPARRING - JUNIOR DIVISION - BLACK BELT ONLY

\$200 awarded to Male and Female winners in combined weight classes*

- Fin & Fly (Combined)
- Bantam & Feather (Combined)
- Light & Welter (Combined)
- Light Middle & Middle (Combined)
- Light Heavy & Heavy (Combined)

* Travel stipend awarded to winner of special match between 1st place winners in combined divisions

Total: \$2,000

DEMO TEAM COMPETITION

- 1st Place: \$700
- 2nd Place: \$300

Total: \$1,000

CLUB/COACH RECOGNITION

Awarded for most athletes registered

- 1st Place: \$500
- 2nd Place: \$300
- 3rd Place: \$200

Total: \$1,000

REFEREE PRIZES

TBA

Total: \$1,600

Travel stipend prizes for Poomsae and Sparring will be distributed upon receipt by VTA of athlete registration confirmation for 2026 Nationals. Prizes are non-transferrable.

Let's make history together!

Virginia Taekwondo Association - *Building Champions, Strengthening Community*

COMPETITION SCHEDULE

March 21, 2026		ALL DIVISIONS
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8:15am-8:45am	Referee Meeting	Dominion High School Main Gym
8:50 am - 9:00 am	Opening Ceremonies	Dominion High School Main Gym
9:00 am - 12:00 pm	Ages 11 and Under: Poomsae/Breaking Ages 12 and Up: Sparring	Dominion High School Main Gym
12:00 pm - 1:00 pm	Lunch Break	Dominion High School Main Gym
1:00 pm	Demo Competition	Dominion High School Main Gym
1:00 pm - 5:00 pm	Ages 11 and Under: Sparring Ages 12 and Up: Poomsae/Breaking	Dominion High School Main Gym
ALL SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 8:00PM ON FRIDAY 3/20/26		

Competition Report Time is TBD. When the Report times are finalized, the Event manual will be updated and uploaded to the USAT Website.

ATHLETE REGISTRATION

Registration for all athletes will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. There will not be any onsite registration for athletes.

2026 USATKD Virginia Championship Deadline: Registration deadline:

March 11, 2026, 12:00PM, MST

THERE WILL BE NO LATE REGISTRATION PERIOD. USATKD HAS A NO REFUND POLICY.

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email support@usatkd.zendesk.com for assistance.

How to Register as an Athlete

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Search for 2026 USA Taekwondo Virginia Championships.
3. Click on the “Enter Now” button for the 2026 USA Taekwondo Virginia Championships.
4. Click the +Enter button next to the athlete’s name.
5. Follow the registration instructions within the site.

Tips for Successful Event Registration

Athletes must have their belt information in the belt section for their Sport80 profile. Missing belt information will prevent you from being able to select a division and register for any events.

*Black belt athletes: In addition to having a black belt listed in your profile, a photocopy of your black belt certificate must be uploaded into your Sport80 profile.

*Athletes aged 18 and older: Must complete the U.S. Center for SafeSport course each year.

1. Log in to your USA Taekwondo Athlete profile on Sport80.
2. Click “View Profile”.
3. In the left navigation, click “Center for SafeSport Training”.
4. In the top right, select the +Access Training button and follow the prompts to select and complete the SafeSport-Core Training Course.
5. After completion, within 24 hours it will automatically validate that you completed the training on your Sport80 profile.

World Class Black Belt Athletes:

A copy of your U.S. Passport, U.S. Birth Certificate, or U.S. Naturalization must be uploaded into your Sport80 profile before being able to select/register for any events. These documents must be uploaded in the "Verification Document" section of your Sport80 profile.

Athlete Event Credentials:

All sparring athletes will pick-up their credentials at the weigh-in venue the day before competition. All non-sparring athletes will pick-up their credentials starting at 7:30 am at the competition venue the day of the competition.

*****ALL ATHLETES MUST BRING A GOVERNMENT-ISSUED ID OR A USAT ID FOR IDENTIFICATION TO PICK UP THEIR CREDENTIALS.*****

Athlete Check-In:

Poomsae/Breaking/Demo athletes are checked in for the competition when they pick up their Credential.

Sparring athletes are checked in when they weigh in during their scheduled weigh-in period. Any athlete who does not weigh in will be marked as "Disqualified".

ATHLETE REGISTRATION FEES		
Registration Entry Fee	Price Per Event	Registration Deadline
\$110	\$20	March 11, 2026

Payments must be made by registration due dates. If registration is not finalized by March 11th, 2026, your registration and information will not be sent to VTA, and your registration will not be processed.

Therefore, no pending registration will be accepted after the close of registration date:

March 11, 2026

*****Final Registration Deadlines end at 12:00pm (MST) *****

USATKD/VTA HAS A NO REFUND POLICY

COACHING REQUIREMENTS AND REGISTRATION

Registration for all coaches will be done through USATKD Sport80. All registrations must be completed by the registration deadline. There will not be any onsite registration for coaches. Coaches will pick-up their credentials at the check-in venue the day before competition. All coaches must bring a government-issued ID or a USAT ID for identification.

2026 USATKD Virginia Championship Deadline: Registration deadline:
March 11, 2026, 12:00PM, MST

Profile Requirements to Register as a Coach for an Event:

- Upload a profile picture on your Sport80 profile.

- Have a current U.S.A. Taekwondo Membership on Sport80.
- Have a current and valid Background Screen (Valid through the final day of competition) (Ages 18+).
- Have a current and valid SafeSport Core Training (Valid through the final day of competition) (Ages 18+).
- Have either an Associate Coach or Level 1 Coach Course completion in the discipline you want to coach and have it uploaded and validated on your Sport80 profile.
- Please follow all steps on the following website to make sure your profile is complete; you will not be able to register until your profile is completed:
<https://usataekwondo.sport80.com>

Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions at the National Championships, Season Final, U.S. Regional TKD Qualifier, State Championships, and all USATKD Sanctioned Events. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae, or both.

SafeSport - Background Checks (Coaches 18 and over)

Coaches (Ages 18+) are required to complete and pass a background check (every two years) and complete the U.S. Center for SafeSport Training (Every Year). The background check is conducted by a third-party system and can take anywhere from one week to one month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closes.

The SafeSport certification must be completed in your Sport80 Profile.

1. Log in to your USA Taekwondo Coaches profile via Sport80.
2. Click "View Profile".
3. In the left navigation, click "Center for SafeSport Training".
4. In the top right, select the "+Access Training" button and follow the prompts to select and complete the SafeSport - Core Training Course.
- 5.

Credential: All coach credentials must have a photo. These photos are taken from your profile picture on Sport80. **COACH CREDENTIALS ARE NON-TRANSFERABLE.**

CIPD LEVEL	Registration Fee	Registration Deadline
Associate Coach or Level 1	\$65	March 11, 2026

Payments must be made by registration due dates. If registration is not finalized by March 11, 2026, your registration and information will not be sent to VTA, and your registration will not be processed.

Therefore, no pending registration will be accepted after the close of registration date:

March 11, 2026

****Final Registration Deadlines end at 12:00pm (MST)****

USATKD/VTA HAS A NO REFUND POLICY

Sparring: DAEDO GEN 3 electronic gear will be used in all divisions

Some gear may be available for rental or sale on site, but we strongly suggest you check your athlete's bag and gear the night before and do not rely solely on these sources. Limited Daedo Gen 3 socks will be available for rental onsite by the vendor but due to a nationwide shortage, we recommend that you purchase them now at www.tkdscore.com.

SPARRING WEIGHT DIVISIONS

SPARRING

Note: (Explanation #1) Not exceeding: The weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50,0kg with 50.1 kg being over the limit and resulting in disqualification, (Explanation #2) Over: Over 50,00 kg marks occur at the 50,1 kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

Ultra Divisions (33+ year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black) (33-45, 46-99)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg

Heavy	Over 80kg	Over 67kg
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Senior Divisions (17-32 year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

Junior Divisions (15-17 year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63 kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

Cadet Divisions (12-14 year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45 kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

Youth Divisions (10-11 year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

Tigers Divisions (8-9 year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

Dragons Divisions (6-7 year olds) - All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27 kg
Heavy	Over 27kg	Over 27kg

Junior Safety Rules: When attacks to the head are prohibited. The Referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes

WEIGH-INS

1. A competitor's weight shall be measured the day prior to his or her competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show an ID based on the following:
 - a. 12 years and older: Passport, Driver's License, Birth Certificate, Social Security Card, GAL, or School ID
 - b. 11 years and younger: Passport, Driver's License, Birth Certificate, Social Security Card, GAL, School ID, School Report Card, or School Portal
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Weigh in, for both males and females shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants.

Under NO circumstances may an athlete weigh-in in the nude in the United States.

BREAKING

Board Breaking:

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 15 boards.
- Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments.
- Athletes are responsible for providing their own board holders.
- Athletes 9 years old and younger will use ¼ inch boards, athletes ages 10-14 years old will use ½ inch boards, and athletes 15 years old and older will use 1-inch boards.
- Only Officially stamped Boards may be utilized during competition. These boards will be available for purchase at the Venue from our official vendor.
- Board Breaking competition will follow the current USATKD rules.
 - <https://www.usatkd.org/usatkd-competition-rules>

USATKD POOMSAE DIVISIONS

INDIVIDUAL POOMSAE DIVISIONS

AGE CLASS	AGE DIVISIONS	BELT COLOR
DRAGON	6-7 YEARS OLD	ALL BELTS
TIGER	8-9 YEARS OLD	ALL BELTS
YOUTH	10-11 YEARS OLD	ALL BELTS
CADET	12-14 YEARS OLD	ALL BELTS
JUNIOR	15-17 YEARS OLD	ALL BELTS
UNDER 30	18-30 YEARS OLD	ALL BELTS
UNDER 40	31-40 YEARS OLD	ALL BELTS
UNDER 50	41-50 YEARS OLD	ALL BELTS
UNDER 60	51-60 YEARS OLD	ALL BELTS
UNDER 65	61-65 YEARS OLD	ALL BELTS
OVER 65	66 & OLDER	ALL BELTS
OVER 70	71 & OLDER	ALL BELTS

PAIRS POOMSAE

CO-ED: 1 MALE & 1 FEMALE

CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

DIVISION	BELT	GENDER
CADET	BLACK	CO-ED

JUNIOR	BLACK	CO-ED
UNDER 30	BLACK	CO-ED
UNDER 50	BLACK	CO-ED
UNDER 60	BLACK	CO-ED
OVER 60	BLACK	CO-ED

TEAM POOMSAE

3 COMPETITORS OF THE SAME GENDER

CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

DIVISION	BELT	GENDER
CADET	BLACK	MALE
CADET	BLACK	FEMALE
JUNIOR	BLACK	MALE
JUNIOR	BLACK	FEMALE
UNDER 30	BLACK	MALE
UNDER 30	BLACK	FEMALE
UNDER 50	BLACK	MALE
UNDER 50	BLACK	FEMALE
UNDER 60	BLACK	MALE
UNDER 60	BLACK	FEMALE
OVER 60	BLACK	MALE
OVER 60	BLACK	FEMALE

INDIVIDUAL FREESTYLE POOMSAE

12-17 & 18+

DIVISION	BELT	GENDER
12-17	BLACK	MALE
12-17	BLACK	FEMALE
18+	BLACK	MALE
18+	BLACK	FEMALE

PAIRS FREESTYLE POOMSAE

CO-ED: 1 MALE & 1 FEMALE

12-17 & 18+

DIVISION	BELT	GENDER
12-17	BLACK	CO-ED
18+	BLACK	CO-ED

TEAMS FREESTYLE POOMSAE

COMPOSITION OF 5 MEMBERS OF AT LEAST 2 MALES & 2 FEMALES

12-17 & 18+

DIVISION	BELT	GENDER
12-17	BLACK	CO-ED
18+	BLACK	CO-ED

For current Poomsae rules please refer to the following link:

<https://www.usatkd.org/usatkd-competition-rules>

Poomsae Draws TBD.

USATKD COMPULSORY POOMSAE

Color Belts

COMPULSORY POOMSAE – COLOR BELTS	
DIVISION	COMPULSORY POOMSAE
YELLOW BELT	TAEGEUK 1, 2 JANG
GREEN BELT	TAEGEUK 1, 2, 3, 4 JANG
BLUE BELT	TAEGEUK 3, 4, 5, 6, JANG
RED BELT	TAEGEUK 4, 5, 6, 7, 8 JANG

Black Belts

COMPULSORY POOMSAE – BLACK BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
DRAGON	TAEGEUK 2, 3, 4, 5, 6, 7, 8 JANG, KORYO
TIGER	
YOUTH	
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
JUNIOR	TAEGEUK 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON

UNDER 30	TAEGEUK 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
UNDER 40	
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
UNDER 65	
OVER 65	
OVER 70	

PAIRS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU

TEAMS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU

For current Poomsae rules please refer to the following link:

<https://www.usatkd.org/usatkd-competition-rules>

DEMO

- Due to the limitation of the number of mats at the local event, the performance must be confined to the modified Contest Area of 10m x 10m. Demo competition will follow all other USATKD Competition Rules (<https://www.usatkd.org/usatkd-competition-rules>).

AWARDS

SPARRING/POOMSAE/BREAKING/DEMO

2026 USA Taekwondo Virginia State Championships medals and digital certificates will be given out to the top 4 individuals, pairs (co-ed) and teams, in the respective divisions and/or weight categories.

Individual/Pairs/Team Awards

1 st Place	Medals and digital certificates
2 nd Place	Medals and digital certificates
3 rd Place	Medals and digital certificates
3 rd Place	Medals and digital certificates

ADDITIONAL INFORMATION

- **There is no on-site registration at any USATKD State Championship.**
- U.S. National Taekwondo Championships Qualification State Championships will qualify athletes for the U.S. National Taekwondo Championships.
 - Athletes that finish in the **Top 4 (Gold, Silver, Bronze, Bronze)** at a State Championship will automatically qualify for the 2026 U.S. National Taekwondo Championships.
 - If an athlete does not win a gold, silver, bronze, or bronze medal at a state championship the athlete can qualify for the U.S. National Taekwondo Championships through the American Open tournament series.
 - Athletes must be a U.S. Citizen to participate in the world class divisions at the U.S. National Taekwondo Championships.
- **Athletes may only attend 2 State Championships of their choosing.**
- World Class and Grassroots divisions will only be offered for Cadet Sparring black belts. Cadet World Class divisions will use adult rules and Cadet Grassroots divisions will use Junior Safety Rules.

- Winner of the Cadet Grassroots divisions will not qualify for the World Class division because the Grassroots division will use Junior Safety Rules and World Class divisions will use full head contact rules (see competition rules for full explanation of rules). Once qualified for World Class, an athlete is not eligible for Grassroots divisions.
- Cadet Poomsae; Junior Poomsae and Sparring; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions).
- VTA, follows all rules endorsed by USA Taekwondo found on their website at:

<https://www.usatkd.org/usatkd-competition-rules>